

4 REFERENCES AND FURTHER READING

1 What is expedition medicine?

Auerbach, P. S. (1995) *Wilderness Medicine. Management of Wilderness and Environmental Emergencies*. 3rd edition. Mosby, St Louis

Robinson, W. A. and Oelz, O. (1990) *Wilderness and Environmental Medicine*. Wilderness Medical Society Periodical (001-317-6311745), PO Box 2463, Indianapolis, IN 46206

2 Vaccinations

Salisbury, D. M. and Begg, N. T. (1996) *Immunisation against Infectious Disease*. HMSO, London

Website:

www.who.int/ith/diseasemaps_index

World Health Organization maps showing areas with risk of infection from various diseases

3 Expedition medical kits

A'Court, C. H. D., Stables, R. H. and Travis, S. (1995) "Doctor on a mountaineering expedition". *British Medical Journal*, 310: 1248–1252. (This paper lists the medical supplies taken on the 1992 expedition to Everest in winter)

Bollen, S. (1999) *First Aid on Mountains*. British Mountaineering Council, Manchester

Illingworth, R. N. (1984) *Expedition Medicine, A Planning Guide*. 3rd edition. Blackwell Scientific Publications, Oxford

Pollard, A. J., Murdoch, D. R. (1997) *The High Altitude Medicine Handbook*. Radcliffe Medical Press, Oxford. (This is available as a micro edition weighing less than 60g for use on an expedition)

Steele, P. (1999) *Medical Handbook for Walkers and Climbers*. Constable, London.

Wilkerson, J. A. (2001) *Medicine for Mountaineering and Other Wilderness Activities*. 5th edition. The Mountaineers Books, Washington, Seattle

4 Expedition first aid training

American College of Surgeons (1997) *Advanced Trauma Life Support Course Manual*. 6th edition. American College of Surgeons, Chicago

Colquhoun, M. C. *et al.* (1995) *ABC of Resuscitation*. BMJ Publishing Group, London

Dunne, J. (ed.) (1997) *First Aid Manual. The Authorised Manual of the St John Ambulance, St Andrews Ambulance Association and The British Red Cross*. 7th edition. Dorling Kindersley, London

- Goth, P. and Isacc, J. (1994) *Outward Bound First Aid Handbook*. Ward Lock, London
- Paton, B. C., et al. (1998) *Wilderness First Aid. Emergency Care for Remote Locations*. Jones and Bartlett Publishers International, London
- Renouf, J. and Hulse, S. (1989) *First Aid for Hillwalkers and Climbers*. Cicerone Press, Milnthorpe, Cumbria

5 Legal liability

- Dinnick, S. (1996) "Antarctica revisited". *Summons: Journal for the Medical and Dental Defence Union of Scotland* 5
- Whittingham, M. (2001) *Expedition Insurance*. Expedition Advisory Centre, London

7 Pre-existing medical conditions

- ABC of Healthy Travel*. (1997) BMJ Publishers, London
- American College of Sports Physicians (1997) *Exercise management for Persons with Chronic Diseases and Disabilities*. Human Kinetics
- American College of Sports Physicians (2000) *Guidelines on Exercise Testing and Prescription*. 6th edition. Lippincott, Williams & Wilkins, New York
- Bruckner, P. and Khan, K. (2000) *Clinical Sports Medicine*. 2nd edition
- Skinner, James S., (1993) *Exercise Testing and Exercise Prescription for Special Cases*. 2nd edition. Lea & Febiger
- Townend, M. (2000) "Travelers with pre-existing conditions", *Family Medicine* Sept. pp. 32–35

8 Risk assessment and crisis management

- Putnam, R. (1994) *Safe and Responsible Youth Expeditions*. Young Explorers' Trust, London
- UK Health and Safety Executive (1996) *Five Steps to Risk Assessment Ind (G) 163L*. HMSO, London
- UK Health and Safety Executive (1996) *Licensing Regulations. Pamphlet L77*. HMSO, London
- Young Explorers' Trust (1994) *Code of Practice for Youth Expeditions*. London

10 Base camp hygiene and health

- The Guide Association *Health and Hygiene*. Commonwealth Headquarters Shop, 17–19 Buckingham Palace Road, London SW1W 0PT, tel. +44 20 7834 6242
- Wilson Howarth, J. (1999) *Bugs, Bites and Bowels*. Cadogan Books, London
- Website:**
The Centre for Alternative Technology www.cat.org.uk, tel. +44 1654 702400

11 Water purification

- Epstein, O. (1997) *Clinical Examination*. Mosby-Year Book Inc., Boston, MA

- Dunne, J. (ed.) (1997) *First Aid Manual. The Authorised Manual of the St John Ambulance, St Andrews Ambulance Association and The British Red Cross*. 7th edition. Dorling Kindersley, London
- Siderfin, C. D. (1995) "Low-technology telemedicine in Antarctica". *Journal of Telemedicine and Telecare* 1: 54–60
- Werner, D. (1979) *Where There Is No Doctor*. Macmillan Tropical Community Health Manuals, Macmillan Press, London. Available from TALC, PO Box 49, St Albans, Herts AL1 4AX

13 First aid and management of minor injuries

- American College of Surgeons (1989) *Advanced Trauma Life Support Course Manual*. American College of Surgeons, Chicago
- Benner, A. G. et al. (1987) *Emergency Medical Procedures for the Outdoors*. Menasha Ridge Press, Birmingham
- Burge, P. (1989) *Limb Injuries*. JB Lippincott Co., Raven, New York
- Dunne, J. (ed.) (1997) *First Aid Manual. The Authorised Manual of the St John Ambulance, St Andrews Ambulance Association and The British Red Cross*. 7th edition. Dorling Kindersley, London
- Eaton, C. J. (1995) *Essentials of Immediate Medical Care*. Churchill Livingstone, Edinburgh
- Ferguson, D. G. and Fodden, D. I. (1993) *Accident and Emergency Medicine*. Churchill Livingstone, Edinburgh
- Goth, P. and Isacc, J. (1994) *Outward Bound First Aid Handbook*. Ward Lock, London
- Huckstep, R. L. and Sherry, E. (1994) *Orthopaedics and Trauma*. Churchill Livingstone, Edinburgh
- Kirby, N. G. (1985) *Field Surgery Pocket Book*. HMSO, London
- Renouf, J. and Hulse, S. (1989) *First Aid for Hillwalkers and Climbers*. Cicerone Press, Milnthorpe, Cumbria
- Skinner, D. et al. (1996) *ABC of Major Trauma*. BMJ Publishing Group, London

14 Management of the seriously injured casualty

- American College of Surgeons (1997) *Advanced Trauma Life Support Student Course Manual*. 6th edition. American College of Surgeons, Chicago
- Auerbach, P.S. (1995) *Wilderness Medicine*. 3rd edition. Mosby, St Louis
- Hodgetts T. J. (1995) *Major Incident Medical Management and Support*. BMJ Publishing Group, London
- Wyatt J. P. et al. (1999) *Oxford Handbook of Accident and Emergency Medicine*. Oxford University Press, New York

15 Remote medical emergencies

- Auerbach, P. S. (1995) *Wilderness Medicine*. 3rd edition. Mosby, St Louis
Marx *et al.* *Rosen's Emergency Medicine*. 5th edition. Mosby, St Louis
Wyatt, J. P. *et al.* (1999) *Oxford Handbook of Accident and Emergency Medicine*.
Oxford University Press, New York

16 Casualty evacuation

- March, B. (1973) *Modern Rope Techniques*. Cicerone Press, Milnthorpe, Cumbria

17 Medical aspects of survival

- Greenbank, A. (1976) *The Book of Survival*. Wolfe Publishing
Robertson, D. (1975) *Survive the Savage Sea*. Penguin Books, London
Wiseman, J. (1995) *The SAS Survival Handbook*. HarperCollins, London

18 Common infections

- Dawood, R. (2002) *Travellers' Health: How to stay healthy abroad*. Oxford University
Press, Oxford.
Wilson Howarth, J. (1999) *Bugs, Bites and Bowels*. Cadogan Books, London

19 Malaria and other tropical diseases

- Bell, D. R. (1995) *Lecture Notes on Tropical Medicine*. 4th edition. Blackwell Science,
Oxford
Bradley, D. J. and Warhurst, D. C. (1997) "Guidelines for the prevention of malaria
in travellers from the UK." *CDR Review* (PHLS, Colindale, London) Vol. 7, Review
No. 10 R1–152
British Medical Association (1995) *The BMA Guide to Rabies*. Radcliffe Medical
Press, Abingdon
Cook, G. C. (1996) *Manson's Tropical Diseases*. 20th edition. W. B. Saunders, London
Gilles, H. M. and Warrell, D. A. (1993). *Bruce Chwatt's Essential Malariology*.
3rd edition. Edward Arnold, London
Weatherall, D. J., Ledingham, J. G. G. and Warrell, D. A. (1996) *Oxford Textbook of
Medicine*. 3rd edition. Vol. I, Section 7, Infection. Oxford University Press, Oxford

20 Venomous and poisonous animals

- Junghanss, T. and Bodio, M. (1996) *Notfall-Handbuch Gifttiere*. Georg Thieme,
Stuttgart (Rildigerstrasse 14, D-70469 Stuttgart). In German
Meier, J. and White, J. (1995) *Handbook of Clinical Toxicology of Animal Venoms and
Poisons*. CRC Press, Boca Raton (2000 Corporate Bvd, NW Boca Raton, FL 33431)
Warrell, D. A. (1996). "Animal toxins", in Cook, G. C. (ed.) *Manson's Tropical
Diseases*. 20th edition. W. B. Saunders, London: 468–515
Warrell, D. A. (1996) "Injuries, envenoming, poisoning and allergic reactions caused

by animals”, in Weatherall, D. J., Ledingham, J. G. G. and Warrell, D. A. (eds), *Oxford Textbook of Medicine*. 3rd edition. Oxford University Press, Oxford: 1124–1151

23 Desert expeditions

- Ash, C. J. and Kashmeery, A. M. S. (1999) “Management of heatstroke”, in Webb, A. R., Shapiro, M. J., Singer, M. and Suter, P. M. (eds), *Oxford Textbook of Critical Care*. Oxford University Press, Oxford: 808–811
- Blatteis, C. M. (ed.) (1998) *Physiology and Pathophysiology of Temperature Regulation*. World Scientific Publishing, Singapore
- Harding, M. (ed.) (2001) *Weather to Travel*. 3rd edition. Tomorrow’s Guides. Worldwide guide to temperature, rainfall and humidity month-by-month
- Hubbard, R. W., Gaffin, S. L. and Squire, D. L. (1995) “Heat-related illnesses”, in Auerbach, P. S. (ed.) *Wilderness Medicine*. 3rd edition. Mosby, St Louis, 167–212
- Maughan, R. J., Leiper, J. B. and Shirreffs S. M. (1999) “Factors influencing the restoration of fluid and electrolyte balance after exercise in the heat” in MacAuley, D. (ed.) *Benefits and Hazards of Exercise*. BMJ Books, London: 256–75
- Noakes, T. D. (1998) “Fluid and electrolyte disturbances in heat illness”. *International Journal of Sports Medicine*: S146–149
- Scott, C. (2000) *Sahara Overland*. Trailblazer Publications
Contains detailed information including GPS waypoints for a range of expeditions. Also has a website (www.sahara-overland.com) with up-to-date reports from travellers
- Stroud, M. (1998) “Marathon of the sands” in Stroud, M., *Survival of the Fittest*. Random House, London: 88–121

Websites:

- www.nlm.nih.gov/medlineplus/heatillness.html
Information for the public on the prevention, recognition and treatment of heat illness
- www.mindef.gov.sg/army/unit/gsi/_education/heat/heatprevent.pdf
Singapore Army guidelines for prevention of heat illness – incorporates UK and US military perspectives
- www.graduateresearch.com/thermometry/
Useful discussion about the measurement of body temperature and the pros and cons of various devices and sites

24 Tropical forest expeditions

- Auerbach, P. S. (ed.) (2001) *Wilderness Medicine*. Mosby, St Louis
- Chapman, R. and Jermy, C. (1993) *Tropical Forest Expeditions*. Expedition Advisory Centre, London
- Dawood, R. (2002) *Traveller’s Health: How to stay healthy abroad*. Oxford University

Press, Oxford

Melville, K. E. M. (1984) *Stay Alive in the Desert*. Roger Lascalles, London

Schroeder, D. G. (1993) *Staying Healthy in Asia, Africa and Latin America*.

Moon Publications, Chicago

Sheppard, T. (1988) *Desert Expeditions*. Expedition Advisory Centre, London

25 Polar expeditions

Adam, J. M. (1981) *Hypothermia: Ashore and Afloat*. Aberdeen University Press, Aberdeen

Auerbach, P. S. (1995) *Wilderness Medicine. Management of Wilderness and environmental emergencies*. 3rd edition. Mosby, St Louis

Dawson, B. (1994) "The removal of rock flour from glacial streams". *Island: Bulletin of the Iceland Unit*, Young Explorers' Trust 7: 7–8

Lloyd, E. L. (1996) "Accidental hypothermia". *Resuscitation* 32: 111–24

Lloyd, E. L. (1986) *Hypothermia and Cold Stress*. Croom Helm, London

Milne, A. H. and Siderfin, C. D. (1995) *Kurafid*. 4th edition. British Antarctic Survey, Madingley Road, Cambridge. Advanced first aid for well-equipped expeditions

Rivolier, J., Goldsmith, R., Lugg, D. J. and Taylor, A. J. W. (1988) *Man in the Antarctic*. Taylor & Francis, London. A summary of research work in polar areas

26 High-altitude and mountaineering expeditions

Bezruchka, S. (1994) *Altitude Illness, Prevention and Treatment*. The Mountaineers, Seattle and Cordee, Leicester

Hultgren, H. (1997) *High Altitude Medicine*. Hultgren Publications, fax +1 415 493 4225

Murdoch, D. R. and Pollard, A. J. (1997) *The High Altitude Medicine Handbook*. Radcliffe Medical Press, Abingdon, Oxon

UIAA Mountain Medicine Data Centre leaflets. Available from the British Mountaineering Council, 177–179 Burton Road, Manchester M20 2BB. Tel. +44 161 445 4747, fax +44 161 445 4500

Ward, M. P., Milledge, J. S. and West, J. B. (1994) *High Altitude Medicine and Physiology*. Chapman & Hall Medical, London

Wilkerson, J. A. (1985) *Medicine for Mountaineering*. The Mountaineers, Seattle. Frequently re-edited; available through Cordee, 3a De Montfort Street, Leicester LE1 7HD

27 Underwater expeditions

Bennet, P. B. and Elliot, D. H. (1982) *The Physiology and Medicine of Diving*. 4th edition. W. B. Saunders Co. Ltd, London

British Sub-Aqua Club (1993) *Sports Diving: The BSAC Diving Manual*. British Sub Aqua Club, Telford's Quay, Ellesmere Port, Cheshire L65 4FY, tel. +44 151 357 1951,

fax +44 151 357 1250

Flemming, N. C. and Max, M. D. (1996) *Scientific Diving: A general code of practice*. 2nd edition. UNESCO

Sisman, D. (1995) *The Professional Diver's Handbook*. Best Publishing, Arizona

Websites:

British Hyperbaric Association: www.hyperbaric.freemove.co.uk/

Institute of Naval Medicine: www.royal-navy.mod.uk/static/pages/1152.html

28 Caving expeditions

"Advice for Cavers Concerning Hypothermia" (1993–4) *Plymouth Caving Group Newsletter and Journal* 119: 16–20

Ashford, D. A., Hajjeh, R. A., Kelley, M. F., Kaufman, L., Hutwagner, L. and McNeil, M. M. (1999) "Outbreak of histoplasmosis among cavers attending the National Speleological Society Annual Convention, Texas, 1994", *American Journal of Tropical Medicine and Hygiene* 60: 899–903

Ashford, D. A., Knutson, R. S. and Sacks, J. J. (1999) "Injury among cavers: results of a preliminary national survey". *Journal of Sports Medicine and Physical Fitness* 39(1): 71–73

Baguley, F. S. (1994–5) "Cryptosporidium in water", *Red Dragon Cambrian Caving Council Annual Journal* 21:

Bailey, D. (1994) "Hypothermia – when the shivering stops", *The Speleograph* 30: 112–113

Brocklebank, T. (1992) "Falls!!!", *British Caver* 115: 5–7

Buchan, J. (1976) "Medical report on British New Guinea Expedition", *Transactions of the British Cave Research Association* 3: 238–242

Cave Rescue Association. Annual Reports.

Fogg, T. (1989) "Mulu Caves 88 Expedition Report", *Cave Science* 16 (2): 57

Frankland, J. C. (1974) "Studies on the response of healthy English speleologists to exposure to histoplasmosis infection", *Transactions of the British Cave Research Association* 1(3): 153–158

Frankland, J. C. (1984) "Hypothermia in cavers", *Transactions of the British Cave Research Association* 11(3): 154–159

Lewis, W. (1989) "Histoplasmosis: a hazard to new tropical cavers", *National Speleological Society Bulletin* (Huntsville, Alabama) 51: 52–65

Lions, T. (1984) "Medical equipment for caving expeditions". *Transactions of the British Cave Research Association*. 11: 171

Sacks, J. J., Ajello, L. and Crockett, L. K. (1986) "An outbreak and review of cave-associated histoplasmosis capsulatum", *Journal of Medical and Veterinary Mycology* 24: 313–325

Self, C. A., Iskrzynska, W. I., Waitkins, S. A., Whicher, J. W. and Whicher, J. T. (1989) "Leptospirosis amongst British cavers", *Cave Science* 14(3): 131–134

Valdez, H. and Salata, R. A. (1999) "Bat-associated histoplasmosis in returning

travelers: case presentation and description of a cluster”, *Journal of Travel Medicine* 6(4): 258–260

Wilkerson, J. A. (ed.) (1986) *Hypothermia, Frostbite, and Other Cold Injuries*. The Mountaineers, Seattle, WA

Willis, D. W. (1993) *Caving Expeditions*. 2nd edition. BCRA/Expedition Advisory Centre

Websites:

British Cave Rescue Council information on UK cave rescues:

www.managerie.co.uk/bcrc/IREPPDF/ANAL8998.pdf

Centers for Disease Control and Prevention—information on histoplasmosis:

www.cdc.gov/ncidod/dbmd/diseaseinfo/histoplasmosis_g.htm

Centers for Disease Control and Prevention—information on leptospirosis:

www.cdc.gov/ncidod/dbmd/diseaseinfo/leptospirosis_g.htm